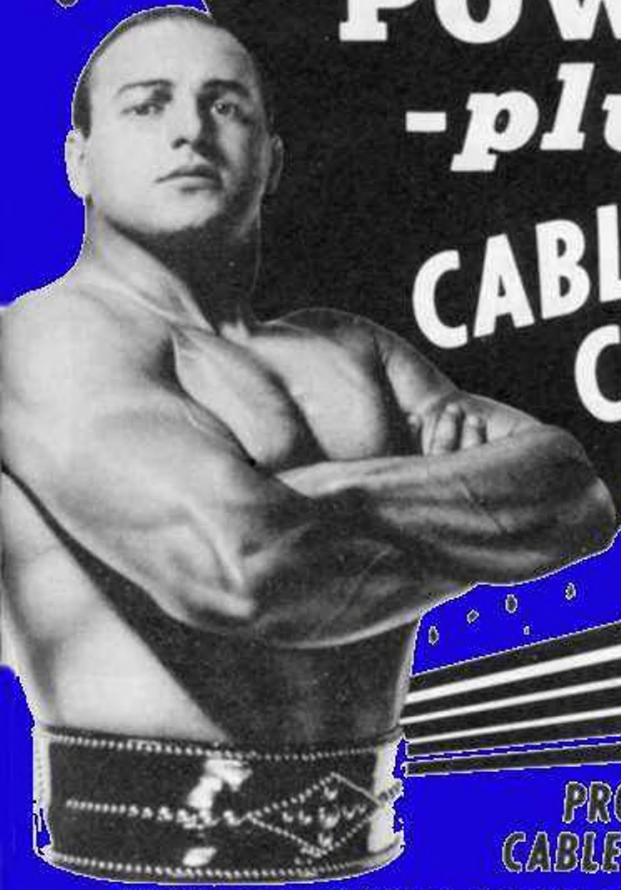
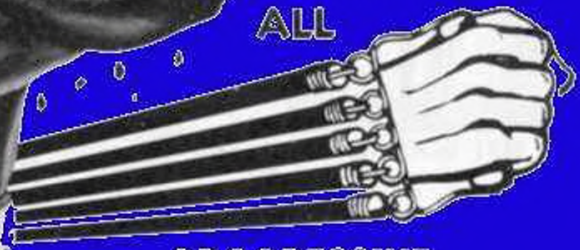
THE FAMOUS *Joe Bonomo*

'POWER -plus' CABLE-COURSE



FOR USE WITH ALL



PROGRESSIVE CABLE EXERCISERS

COMPLETE TRAINING COURSE OF 96 FULL PAGES

INCLUDING

6 BODY FACTS HEALTH LECTURES • MUSCLE CONTROL
ACROBATICS • PDQ TESTS • WEIGHT CONTROL • PHYSICAL
DEVELOPMENT & PERSONAL PROGRESS CHARTS

BY **JOE BONOMO** WORLD'S STRONGMAN AND HERCULES OF THE SCREEN

STRONGMEN'S CLUB (SMCA) OF AMERICA • 1841 BROADWAY • NEW YORK 23, N.Y.

© Copyright MCMLIV by Joe Bonomo

Printed in U.S.A.

BASIC INSTRUCTIONS

1. Read the instructions carefully before attempting the exercises.
2. Study the illustrations to perfect your performance. A mirror is of considerable help in comparing your positions with those in the illustrations.
3. Never skip an exercise, should it be difficult to perform. Practice will soon allow you to master the very same movement.
4. Never hold your breath. Breathe naturally and normally at all times. Inhale through your nose as you stretch your cables, and exhale completely in relaxing them back to the starting position.
5. Use as many cables as you possibly can to perform the minimum amount of repetitions. Only upon mastering correctly the maximum amount of repetitions may you add another cable to your expander.
6. Never strain. Your object at all times is to train and build your body. If the minimum amount of repetitions is set too high for you, do not hesitate to cut it down. Gradually increase your repetitions per exercise and in adding cables to your expander.
7. Exercise both sides of your body equally for balanced development. Otherwise, there is danger of onesided or unequal development.
8. When exercising, concentrate on your exercises. Forget everything else.
9. In those exercises where one foot is placed within the handle, BE SURE your foot is well within the handle, FIRMLY holding it down. This wise precaution will prevent a quick snap back, avoiding injury.
10. Grip your handles as illustrated and explained for each exercise. The palms of your hands may be facing each other, or they may be gripping the handles back to back. That is, the back of each hand will be facing the other. For excellent variation and results, it's smart to alternate your gripping as stated.
11. Master your training session before attempting the next one. Each session has a definite objective to fulfill.

STARTING OUT ON YOUR

1st session

You are starting out on a real good program of body building. However, *BE SURE TO READ AND UNDERSTAND THIS PAGE THOROUGHLY.* If you have any questions, go back over these instructions . . . plus all those in the forward part of the book. Everything is fully explained . . . clearly and simply.

1. Study each exercise before trying to do it. Look at the photograph carefully. Read the instructions thoroughly. As suggested, if possible, practice in front of a large mirror.
2. Never skip an exercise. Keep trying to do it until you have mastered it. Practice *always* makes perfect.
3. To determine how many cables you should start with, start out with three cables for your first exercise. If you can do more than sixteen counts to this exercise without resting . . . you may add another cable. If you feel pleasantly tired after doing Exercise Number One sixteen times, use only three cables to start out your exercise routine. If you cannot do sixteen counts to the exercise, remove another cable. This is very important because you will tire yourself out very quickly if you do not follow these instructions.
4. If you are able to start out these exercises using only one or two cables, do not worry about it. Right now, you are concerned with matching your present internal strength with the exercise movements. As you progress, you will find that later on you will be able to add cables as you go along, until you are up there with the best of them.

EXERCISE 1: This is an excellent limbering up exercise to start out your session with each day. It will stretch your lazy muscles and get you ready for the remaining daily work to come.

EXERCISE 2: This exercise starts to work on your arms and shoulders. Go easy at first . . . , because you are going to wake up many muscles that you have not previously used very much.

EXERCISE 3: This exercise begins to go to work on building up your great lung and chest power. Watch your breathing carefully as you go through the count.

EXERCISE 4: Here's a tough one . . . because it calls for balance and coordination. It also goes to work in limbering up many more muscles for the strenuous work to come.

EXERCISE 5: This is a wonderful back, shoulder and joint loosener . . . as well as going to work on aiding you on better posture development. Be sure that you follow my instruction and do this correctly.

EXERCISE 6: This one starts you on moving your arms and legs in well timed coordination, and is not as easy as it looks. Be sure that you master this well before moving on to Exercise Number Seven.

EXERCISE 7: We start to work on your abdomen . . . tightening up the muscles around your waist and stomach. If you find this difficult to do, at first, remove one cable from your exerciser.

EXERCISE 8: Here's the last one for each day. This goes to work on your neck . . . for improved appearance, better posture, and for the more advanced work to come. Take it easy . . . for it is not as easy as it seems.

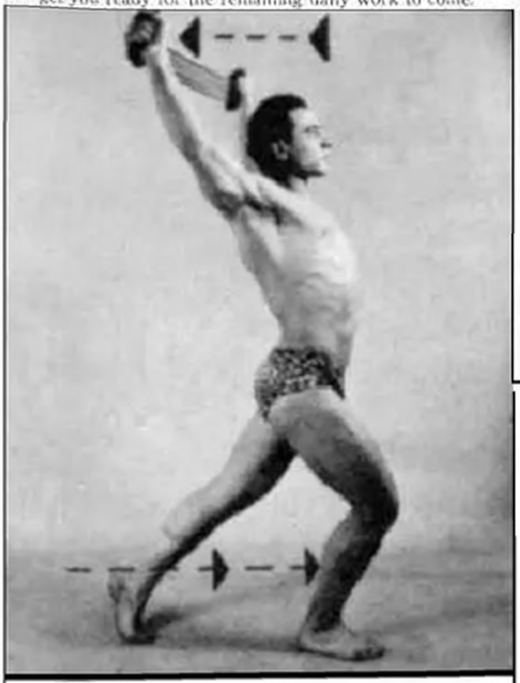
IN TWO TO THREE WEEKS YOU SHOULD BE ABLE TO START ON YOUR TRAINING SESSION NO. 2
DO ALL THE EXERCISES, FROM 1 TO 8, EVERY DAY FOR THE NEXT SIX DAYS OF EACH WEEK.
REST ON THE SEVENTH DAY, PREFERABLY A SUNDAY

1st session

your demonstrator

Fred Massaro

EXERCISE 1: This is an excellent limbering up exercise to start out your session with each day. It will stretch your lazy muscles and get you ready for the remaining daily work to come.



exercise 1

◀ The BODY LUNGE

Stand at attention, holding 'Black Beauty' in front of thighs. Now lunge forward with one leg and at the same time carry the arms upwards and backwards to position shown. Return to starting position, alternating your legs. Repeat at least eight times, work up to 18.

EXERCISE 2: This exercise starts to work on your arms and shoulders. Go easy at first . . . because you are going to wake up many muscles that you have not previously used very much.

exercise 2

EXTENDED ARM-LEG LUNGE ▶

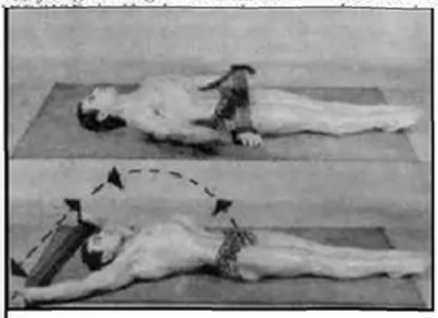
Hold 'Black Beauty' diagonally across the back. One hand by thigh and the other at shoulder. Now lunge forward and at the same time thrust arm held at shoulder forward and upward. Repeat 8 times with each arm, work up to 18.

exercise 3

PULL OVER

Lie flat on the floor with 'Black Beauty' held across the thighs. Now slowly, keeping the arms straight and inhaling, stretch out expander to position behind head. Maintain stretched-out position a moment and then return to starting position slowly exhaling. Perform eight times, working up to 12 counts.

EXERCISE 3: This exercise begins to go to work on building up your great lung and chest power. Watch your breathing carefully as you go through the count.



EXERCISE 4: Here's a tough one . . . because it calls for balance and coordination. It also goes to work in limbering up many more muscles for the strenuous work to come.

exercise 4

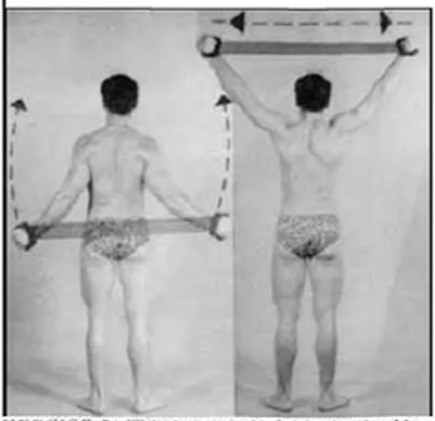
The KNEE BEND

Hold 'Black Beauty' with arms straight above head, pull down, stretching out to arms length behind shoulders. Executed in conjunction with the bending of the knees. Return to starting position. Start with 6 counts, work up to 18 times. Inhale going down, exhale up.

exercise 5

SHOULDER JOINT ROTATOR

Hold 'Black Beauty' across back of thighs. Stretch out and carry the arms straight and upward over the head, down to the front of the thighs. Return to first position in the same manner. Do 12 times.



EXERCISE 5: This is a wonderful back, shoulder and joint loosener . . . as well as going to work on aiding you on better posture development. Be sure that you follow my instruction and do this correctly.

exercise 6

ARM and KICK-UP CO-ORDINATOR

Position as in Ex. 5. While bringing the arms to overhead position, bring left leg up at same time to horizontal position as shown. Perform 8 times with each leg.

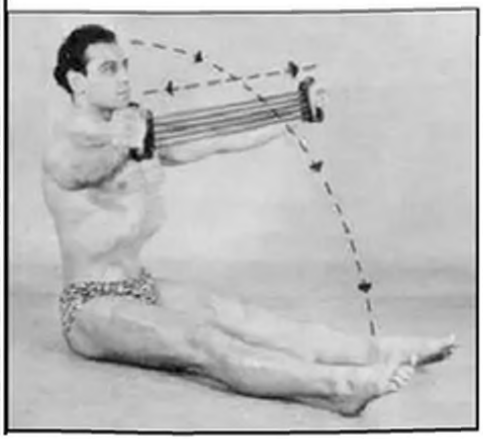
EXERCISE 6: This one starts you on moving your arms and legs in well timed coordination, and is not as easy as it looks. Be sure that you master this well before moving on to Exercise Number Seven.

EXERCISE 7: We start to work on your abdomen . . . tightening up the muscles around your waist and stomach. If you find this difficult to do, at first, remove one cable from your exerciser.

exercise 7

SIT UP

Sitting with arms extended straight out stretch 'Black Beauty' back to shoulder, lowering upper body to floor. Return and repeat movement 6 times, working up to 15 counts.



exercise 8

NECK DEVELOPER

Stand erect. Twist your cables so as to gather them in the middle. Now hold your 'Black Beauty' back of your head at neck. Push your 'Black Beauty' out parallel in front of you and at the same time work your head back and forth against the cables. Perform without straining 12 to 18 times.

EXERCISE 8: Here's the last one for each day. This goes to work on your neck . . . for improved appearance, better posture, and for the more advanced work to come. Take it easy . . . for it is not as easy as it seems.

STARTING OUT ON YOUR

2nd session

Don't start out on this Second Session unless you have *completely* mastered *all* the exercises in the First Session. Only until then are you ready! Each of your Six Sessions follow each other to scientifically give you the best in body development . . . and each Exercise is set up throughout an exercise session, to get the best out of you. Don't skip one or two . . . and later go back to them. *DO ALL EXERCISES IN THE ROTATION AS SHOWN.*

1. During this Second Session, take special care that all your exercise movements are smooth in performance. Your object, for the 1st and 2nd Sessions, is not to see how many cables you can use . . . but the carrying out of smooth and co-ordinated action.
2. Therefore, during this session, *PRACTICE WITH ONLY THREE CABLES.* DO NOT ADD THE FOURTH ONE YET.
3. By this time you have learned to breathe smoothly. If you are holding your breath . . . you have not read my instructions thoroughly for the 1st Session.
4. For the first two days of this week, turn back to Page 18 and read Instructions covered in paragraphs No. 1, 3 and 4.
5. To exercise both sides of your body equally, always start with the weakest side first. This will allow your energy to be exerted at its best. Keep in mind that equal exercise will give you body symmetry.
6. Try to do all exercises for the full counts. If you think you can do over these counts, without feeling pleasantly tired, gradually increase them. If you can't do them for the full count, don't try. Stay on this session longer . . . until you have worked up to them.

EXERCISE during this Second Session by starting out with Exercises 2, 4, 6 and 8 of the First Session. Do them each day for the full counts shown. Then, start on:

EXERCISE 1 with the shoulder shrug which mainly develops the (Deltoids) muscles of the shoulder region. Grip the handle with the palm facing up. Be sure foot is *firmly* placed in handle.

EXERCISE 2 begins to develop and stretch the upper portions of the front chest (Pectoralis Major, Front Deltoids and Coraco Brachialis) as well as to aid posture.

EXERCISE 3 is a terrific Bicep developer. Grasp handle with palm facing up. Be sure foot is *firmly* placed in handle.

EXERCISE 4 is great for building up the strength of the Tricep.

EXERCISE 5 goes to work on your back muscles. Push out evenly with both arms at the same time.

EXERCISE 6 loosens up your back and shoulders. Gradually work up to the 24 count.

CAUTION: Be sure that your foot is placed well within the handle and FIRMLY holding it down on Exercises No. 1 and No. 3.

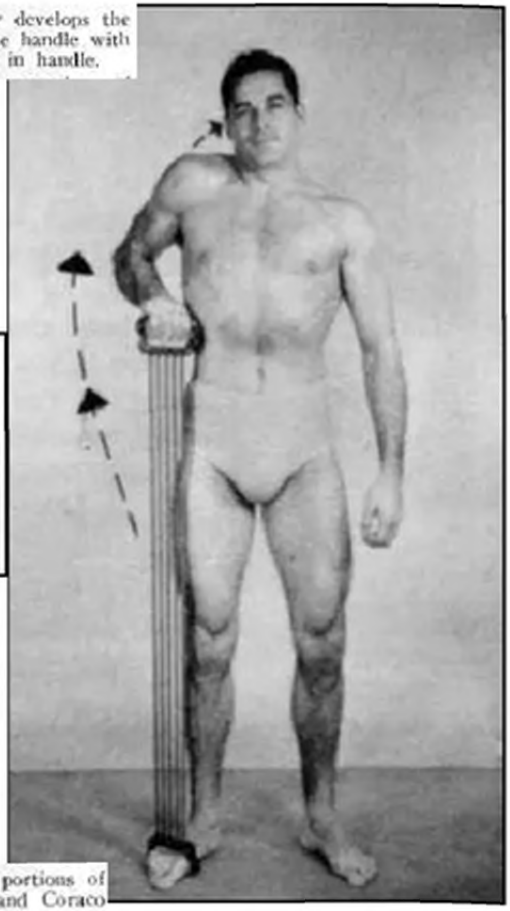
CONTINUE ON SESSION TWO FOR TWO OR THREE WEEKS. DON'T ADVANCE TO YOUR THIRD SESSION UNTIL YOU HAVE MASTERED ALL EXERCISES.

2nd session

your demonstrator

Frank Loren

EXERCISE 1 with the shoulder shrug which mainly develops the (Deltoids) muscles of the shoulder region. Grip the handle with the palm facing up. Be sure foot is *firmly* placed in handle.



exercise 1

The SHOULDER SHRUG

Place your right foot firmly in handle. With slightly bent arm, pull with shoulder to the extent that it touches the ear. Return to starting position. Repeat 8 times, gradually working up to 12 repetitions. Do same with left shoulder

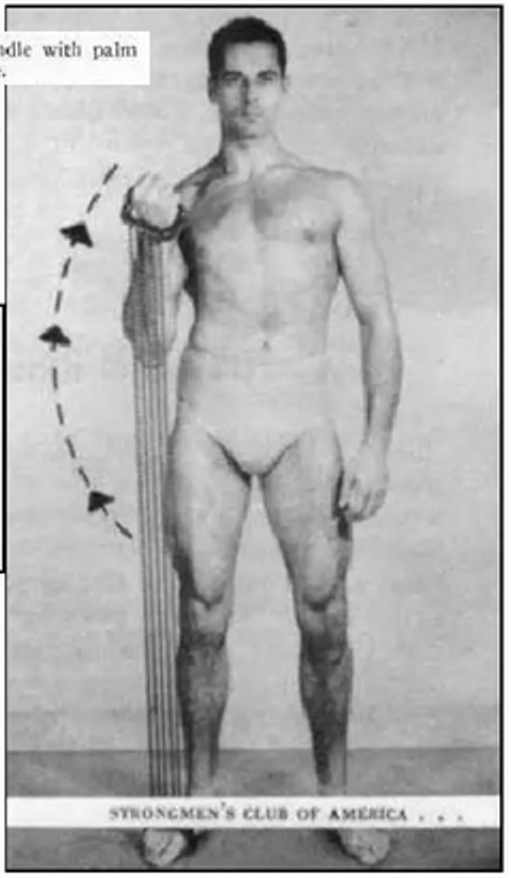
EXERCISE 2 begins to develop and stretch the upper portions of the front chest (Pectoralis Major, Front Deltoids and Coraco Brachialis) as well as to aid posture.

exercise 2

The BENCH-LATERAL RAISE

Lie down in a horizontal position on a narrow bench or box. Extend your body straight out, with 'Black Beauty' held straight above chest. Now pull 'Black Beauty' out sideways and downward to pass shoulder level as far as you can. Repeat 12 times. Progress gradually to 18 times. Perform evenly and slowly throughout.

EXERCISE 3 is a terrific Bicep developer. Grasp handle with palm facing up. Be sure foot is *firmly* placed in handle.



exercise 3
FRONT ARM CURL ▶

'Black Beauty' is held to side with the arm perfectly straight. Without bending back, bend the arm at the elbow, slowly bringing the hand to the shoulder. Return slowly to first position, repeating from 8 to 12 times.

exercise 4
ONE ARM PRESS ▶

'Black Beauty' is held diagonally across the back. One hand held firmly by the side, grasp handle with palm facing down. The other hand at shoulder level, grasping handle with palm facing up. Now push bent arm directly upward to its fullest extension. Always maintain the straight arm directly to the side. Repeat at least 8 times, working gradually to 16 counts. Work other arm in same manner.

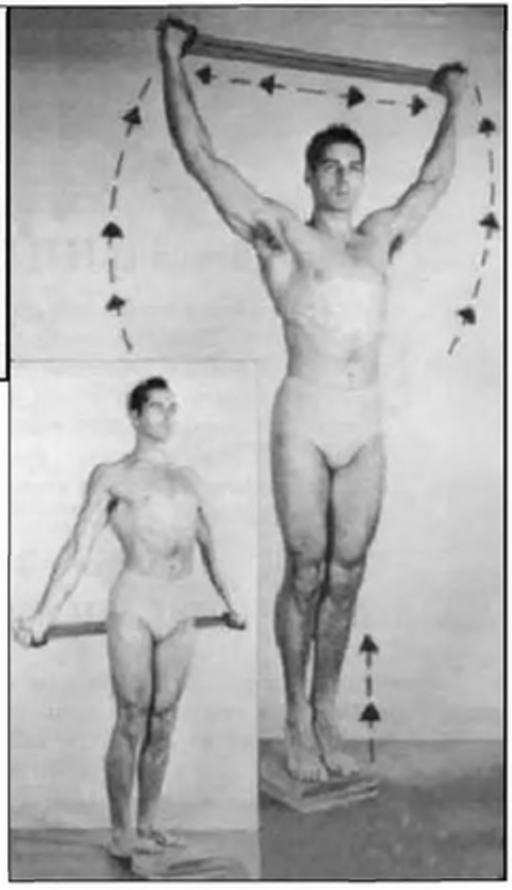
EXERCISE 4 is great for building up the strength of the Tricep.

EXERCISE 6 loosens up your back and shoulders. Gradually work up to the 24 count.

exercise 6

FOOT-ARM RISER ▶

'Black Beauty' is held with straight arms across the back of thigh. Place toes on telephone book with heels on floor. Slowly pull your 'Black Beauty' outward and upward to position above head, and at same time rise on your toes as high as you can without swaying body. Return slowly to first position, pulling 'Black Beauty' outward and downward to position across thighs. Repeat 12 times, and gradually in your workouts progress to 24 repetitions.



◀ exercise 5

OVERHEAD DOWNWARD PULL

Hold 'Black Beauty' directly above the head with palms facing each other. Pull outward slowly and evenly until 'Black Beauty' reaches directly across the back on a level with the shoulders. Return to first position, repeating for 10 counts. Work up to 16 repetitions.

EXERCISE 5 goes to work on your back muscles. Push out evenly with both arms at the same time.

STARTING OUT ON YOUR

3rd session

You are now ready to really start out on a strenuous routine of exercise. For this Third Session, attach all five cables to your exerciser. From now on you are going to exercise with all the *POWER* at your command.

1. Check to see whether you are doing things right. Turn to Page 18 and read Instructions covered in paragraphs 2, 3 and 4. Also turn to Page 28 and read paragraphs 5 and 6.
2. Think of the exercise as you do it. Put everything else out of your mind except the work that you are doing.
3. Aim for perfection in your work outs. Think of the exercise counts and try for good timing and co-ordination. Do all exercises smoothly, slowly and steadily.
4. Be sure that you keep an accurate record of your measurements each and every week. Remember: *No Cheating!*

EXERCISE during this Third Session by going back and doing the Exercises listed *BEFORE* you do any of the new ones.

Monday — Exercises 4, 5 & 6 ..... Page 21
Tuesday — Exercises 1, 2 & 3 ..... Page 29
Wednesday — Exercises 6, 7 & 8 ..... Pages 21 & 22
Thursday — Exercises 4, 5 & 6 ..... Page 30
Friday — Exercises 1, 2 & 3 ..... Page 20
Saturday — Exercises 4, 6, 7 & 8 ..... Pages 21 & 22

NOW, DO THESE NEW ONES EVERY DAY.

EXERCISE 1 goes to work on really building a powerful chest for you. Grasp handles with palms facing each other.

EXERCISE 2 is an excellent shoulder builder . . . as well as for the arms and wrists.

EXERCISE 3 begins to give you strenuous work. It's not as easy as it looks . . . and if you can do it right, you're good!

EXERCISE 4 is a variation of other exercises that you have had before . . . but is mighty important. Try to do for full count.

EXERCISE 5 is a tough one calling for balance and timing. It goes to work on thigh, calf and hip. Try to do for full count.

EXERCISE 6 is another hard one. Notice, throughout this session, that the exercises are beginning to get more difficult.

EXERCISE 7 gives you a nice workout for your hips, waist, abdomen and back. This will take the kinks out of you.

EXERCISE 8 finishes up your session each day with a good wrist and arm exerciser.

KEEP DOING ALL THE EXERCISES IN SESSION THREE UNTIL YOU HAVE MASTERED THEM . . . AS WELL AS DOING THEM ALL FOR THE FULL COUNTS. STAY ON THIS SESSION FOR TWO OR THREE WEEKS.

3rd session

your demonstrator

Manny Kohl

exercise 1

FRONT CHEST PULL

Hold 'Black Beauty' at arms length in front of the body, and while taking a good deep breath draw each hand evenly and steadily, until they are in a direct line with the shoulders. Repeat 8 to 14 times.

EXERCISE 1 goes to work on really building a powerful chest for you. Grasp handles with palms facing each other.

exercise 2

SIDE ARM RAISE

Grasp handle firmly with foot and straight arm. While keeping arm perfectly straight, raise sideways to level of shoulder. Return slowly and repeat 8 times with each arm. Also vary this movement by performing directly to the front.

EXERCISE 2 is an excellent shoulder builder . . . as well as for the arms and wrists.

exercise 3

FRONT NECK DEVELOPER

With twisted cables under the chin, raise the arms upward resisting the upward pull by pushing the head downward. Now relax to first position. Repeat 12 to 18 times.

EXERCISE 3 begins to give you strenuous work. It's not as easy as it looks . . . and if you can do it right, you're good!
EXERCISE 4 is a variation of other exercises that you have had before . . . but is mighty important. Try to do for full count.

exercise 4

REVERSE CURL

Put right foot in handle loop of 'Black Beauty' and grasp other handle, palm down. Stand straight and without moving body, raise arm by twisting so that hand is at shoulder as shown in picture. Repeat 8 times. Then place left foot in handle and change to left hand. Try to do 12 times with each hand.

exercise 5

STANDING LEG PRESS OUT

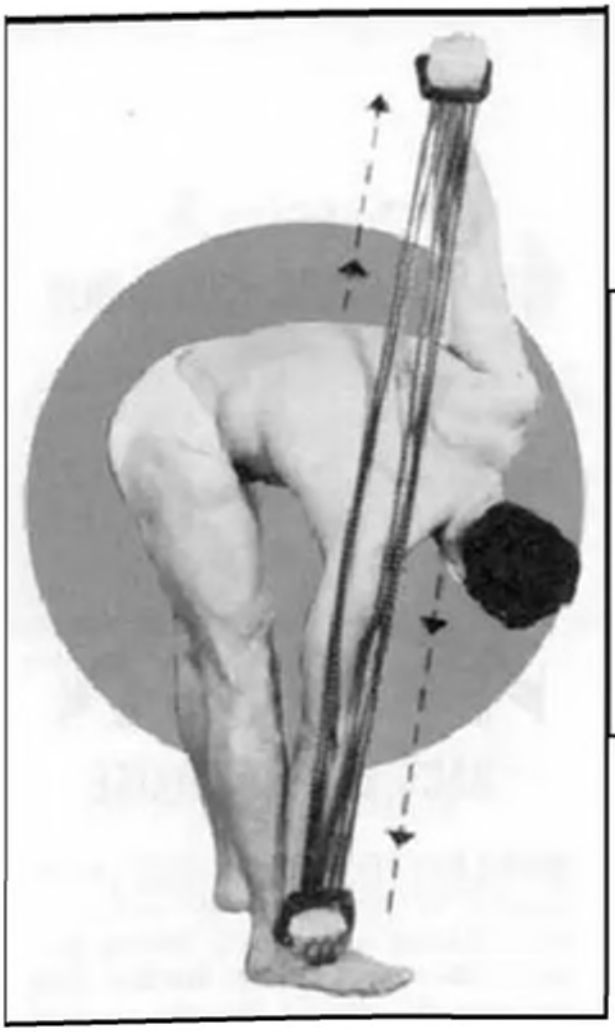
With arm bent back as in the finish of your reverse curl and 'Black Beauty' hanging, place foot, firmly within the handle and then proceed to press foot to floor. Return slowly to starting position and repeat 12 to 16 times with each leg.

EXERCISE 5 is a tough one calling for balance and timing. It goes to work on thigh, calf and hip. Try to do for full count.
EXERCISE 6 is another hard one. Notice, throughout this session, that the exercises are beginning to get more difficult.

exercise 6

BACK LATERAL RAISE

With straight arms hold 'Black Beauty' in back of body, palms of hands facing each other. Slowly pull outwards and sideways to the level of your shoulders. Return slowly, repeating 8 times. Gradually work up to 12 counts.



EXERCISE 7 gives you a nice workout for your hips, waist, abdomen and back. This will take the kinks out of you.

exercise 7

The SIDE BEND

With your 'Black Beauty' held directly across your back, push out to full arm's length. Now swing the right arm down to right foot and at the same time the left arm is brought over in a straight line, with the eyes following the upward movement of the arm. Return to starting position and repeat from 10 to 15 times, to each side.

exercise 8

The HAND CURL

Curl your 'Black Beauty' to bent arm position, holding wrist with the other hand. Slowly bend the hand up and back as far as you can in either direction. Repeat 12 to 16 times with each hand.

EXERCISE 8 finishes up your session each day with a good wrist and arm exerciser.

STARTING OUT ON YOUR

4th session

You have reached the halfway mark on your Famous 'Power-Plus' Cable Course. Your body has become accustomed to good daily workouts . . . and the muscles have begun to show results on hardness and firmness. Now, in your Fourth Session, you are going to get real workouts.

1. Exercise every day for six days of every week. On the seventh day take it easy and rest. Relax and forget all about exercising.
2. Be sure that you are following all the rules of good health. Just as a reminder and check . . . .turn to pages 12 and 13 and read over again.
3. Tomorrow, turn to pages 14 and 15 and check over these two pages and see if you have put into practice what you have been told. Sometimes we have to be reminded about little important things.
4. Strive for perfection . . . and do all the exercises smoothly and slowly. Don't just try to get them done and over with . . . but realize that they are the most important thing in your life . . . and will pay off in B-I-G DIVIDENDS.

EXERCISE, each day, by starting off with the exercises that are listed for each day of the week. Do each exercise as given . . . and in the rotation listed. Then, follow up and do all the exercises for the Fourth Session each day.

	EX & PAGE	EX & PAGE	EX & PAGE	EX & PAGE
Monday	3—38	7—22	1—20	5—39
Tuesday	4—21	6—30	4—38	8—22
Wednesday	7—40	2—29	7—22	5—21
Thursday	3—29	6—39	1—29	2—20
Friday	2—37	3—20	4—30	8—40
Saturday	1—37	3—20	4—30	8—40

EXERCISE 1 will help to bring out your chest "potential" so do this properly. Pull with all your strength around and in front of you thereby activating the Deltoids and Lattimus Dorsi.

EXERCISE 2 is great for all the upper muscles. Keep body erect. Grip your cable exerciser with palms facing toward body.

EXERCISE 3 is an excellent builder for chest, back and arm power. Pay strict attention to form.

EXERCISE 4 will test your "power potential" for it's a real tough one.

EXERCISE 5 is a great one for the arms and shoulders. It's not easy . . . and if you do it right . . . you're real good!

EXERCISE 6 gets at the arms and abdominal muscles. Put all your strength and power into this exercise.

EXERCISE 7 starts to build up your wrist. If you can't do for all the counts . . . do as many as you can.

EXERCISE 8 is another good neck builder . . . similar to Exercise No. 8 in your First Session.

CONTINUE THIS SESSION FOR TWO WEEKS . . . THREE IF NECESSARY. STUDY YOUR MUSCLE CHART . . . FOR YOU WILL FEEL AND KNOW MUSCLES BEING USED.

4th session

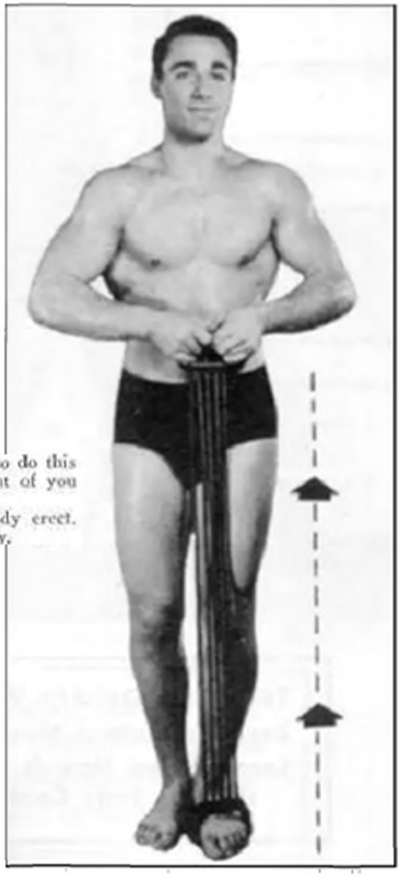
your demonstrator

Frank Affrunti

exercise 1

The CHESTER

Pass 'Black Beauty' around the middle of your back. Now slowly push out as far as you can with both hands. Return slowly and repeat 10 times. Vary this movement by pushing one arm out vigorously as in punching. Alternate with each arm for 10 repetitions.



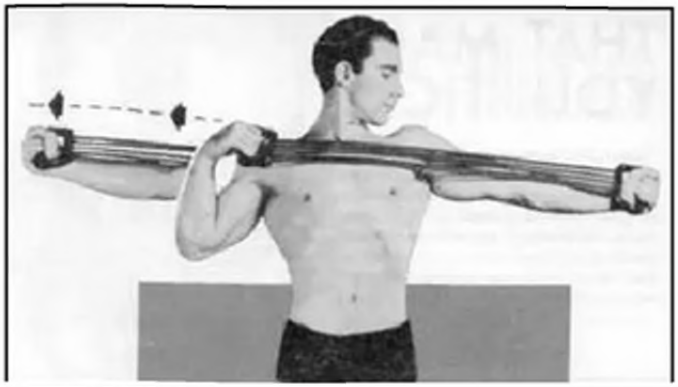
EXERCISE 1 will help to bring out your chest "potential" so do this properly. Pull with all your strength around and in front of you thereby activating the Deltoids and Lattimus Dorsi.

EXERCISE 2 is great for all the upper muscles. Keep body erect. Grip your cable exerciser with palms facing toward body.

exercise 2

The PULL UP

Hold 'Black Beauty' as illustrated. Pull up slowly and evenly with hands close to body, as far as you can. Lower slowly to first position. Repeat 12 to 16 times.



exercise 3

The ARCHER

One arm is held directly sideways on line with shoulder level and the other bent directly to chest, but also in line with shoulder. Now slowly extend and draw out the bent arm to its fullest extent on line with shoulder, 10 times with each arm.

EXERCISE 3 is an excellent builder for chest, back and arm power. Pay strict attention to form.

exercise 4

HIP and THIGH PULL

With 'Black Beauty held across the top of thighs, bend forward pulling chest in and at the same time pressing forward as far as you can. Repeat from 8 to 14 times.

EXERCISE 4 will test your "power potential" for it's a real tough one.

exercise 5

BACK RAISING PRESSOUT

Hold 'Black Beauty' with bent arms directly at the shoulders. Now slowly press it out and upward to its fullest extension. Return slowly to shoulders, repeating for 10 counts.

EXERCISE 5 is a great one for the arms and shoulders. It's not easy . . . and if you do it right . . . you're real good!

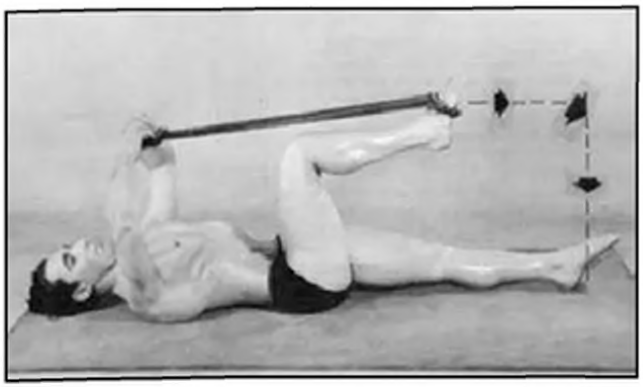
exercise 6

LEG PRESS OUT

Lie flat on the floor. Hold 'Black Beauty' with both hands at about chest level. Now place one foot securely in handle and slowly press leg forward and downward to floor. Return to first position, repeating 8 to 12 times. Do same with other leg.

EXERCISE 6 gets at the arms and abdominal muscles. Put all your strength and power into this exercise.

EXERCISE 7 starts to build up your wrist. If you can't do for all the counts . . . do as many as you can.

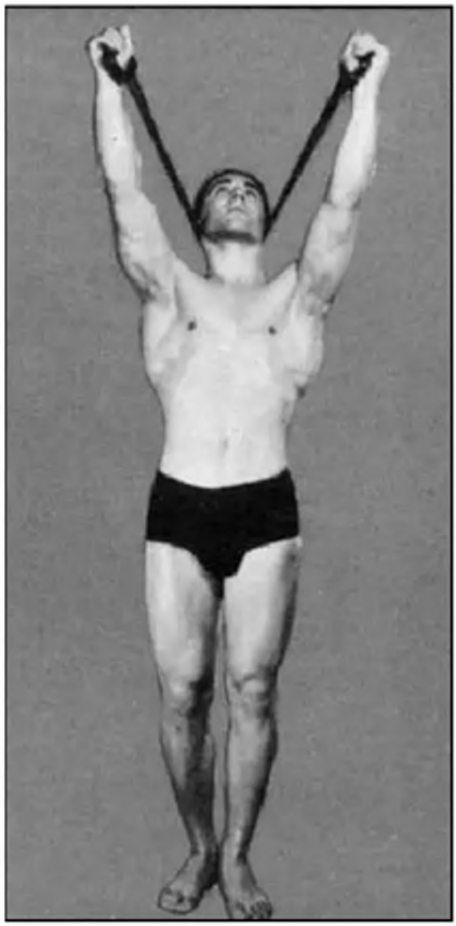


exercise 7

HAND CURL

Pull arm up to half curl position as shown. Keep elbow close to body. While holding wrist, bend fully in all directions and try to rotate. Perform for at least 16 counts. Same with other arm.

EXERCISE 8 is another good neck builder . . . similar to Exercise No. 8 in your First Session.



exercises 8

NECK DEVELOPER

Twist your cables. Now hold your 'Black Beauty' back of your head. Push your hands out and upward and at the same time push and bend your head backward as far as you can. Return head to erect position with 'Black Beauty'. Repeat 12 to 18 times.

STARTING OUT ON YOUR

5th session

In the Fourth Session you were given quite a few exercises to do every day . . . old ones from past sessions . . . as well as eight new ones. For this 5th Session, you will be given an additional eight. So far, including this session, you now have done forty different exercise variations.

1. Let's look back over what we have done. Have we been exercising regularly? Have we been *really* going thru our routines seriously? If you're not satisfied with your results . . . check back over what you have done. Then get busy and start doing things right.
2. Are you striving for perfection, smoothness and muscle co-ordination. Check back over things and see if you are mastering your work. THIS IS VERY IMPORTANT!
3. During this Fifth Session, make believe I am standing over you . . . watching you carefully. Go thru your routines, each day, *DOING ONLY* what you know I would look for. DO THEM RIGHT!!

EXERCISE daily by starting out and doing the exercises listed for each day in the week. Do all exercises for their full counts . . . more, if possible.

	EX & PAGE	EX & PAGE	EX & PAGE	EX & PAGE	EX & PAGE
Monday	8 — 40	7 — 52	2 — 20	8 — 22	5 — 39
Tuesday	4 — 30	1 — 47	1 — 29	8 — 52	7 — 22
Wednesday	7 — 22	6 — 30	3 — 50	2 — 29	1 — 20
Thursday	2 — 47	6 — 39	2 — 37	6 — 51	4 — 50
Friday	3 — 38	2 — 20	4 — 21	6 — 21	7 — 40
Saturday	5 — 51	4 — 38	8 — 40	8 — 22	3 — 29

REST FOR THE SEVENTH DAY EACH WEEK

EXERCISE 1 gets at the arms, chest and shoulders. Grasp the handle with bent arm, knuckles up.

EXERCISE 2 is excellent for the muscles of the upper back as well as the Deltoids. Keep arms straight throughout this movement to get the most benefit out of it.

EXERCISE 3 is great for abdominal and hip joint stretching and strengthening. It's a tough one but pays off in building power.

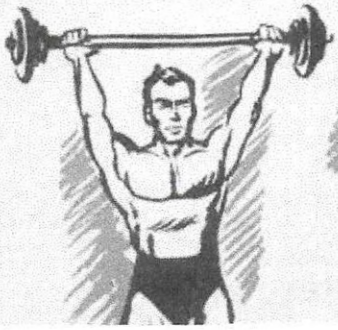
EXERCISE 4 aids the building of the back and shoulders. Also to help in posture. Do it right!

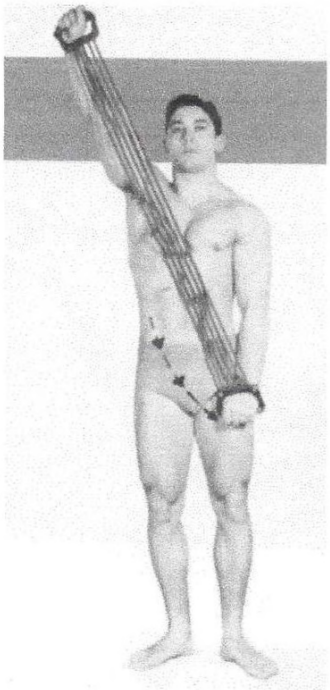
EXERCISE 5 is a thigh and leg developer that also aids in timing and co-ordination. Stay on it until perfect.

EXERCISE 6 is a wonderful body co-ordinating exercise. It not only strengthens the muscles of the back . . . but flexes the ankle, hip and knee joints. Grip cable exerciser with palms in.

EXERCISE 7 gets at your muscles from an entirely new angle and goes to work building more power in those arms of yours.

CONTINUE ON THIS SESSION FOR ONE, PREFERABLY TWO WEEKS. INCREASE YOUR COUNTS THE SECOND WEEK ON ALL EXERCISES.





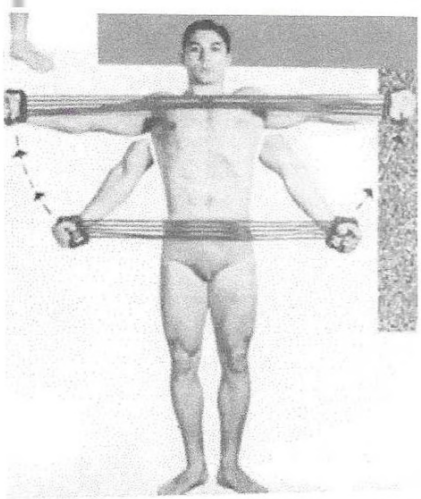
exercise 1

The CHEST DIAGONAL

One hand holds 'Black Beauty' perfectly straight above the head and the other is fully bent at chest with back of hand. Now slowly press bent arm perfectly straight to side. See to it that the upright arm remains rigid. Repeat 8 to 12 times with each arm.

EXERCISE 1 gets at the arms, chest and shoulders. Grasp the handle with bent arm, knuckles up.

EXERCISE 2 is excellent for the muscles of the upper back as well as the Deltoids. Keep arms straight throughout this movement to get the most benefit out of it.



exercise 2

FRONT LATERAL RAISE

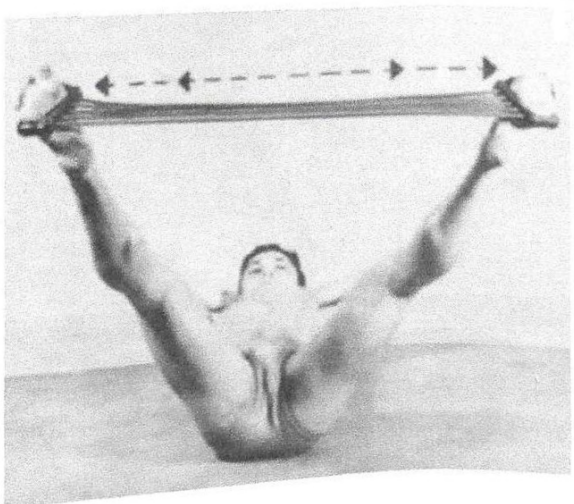
With your 'Black Beauty' in position shown, slowly pull outwards and sideways to the level of your shoulders. Return slowly to starting position and repeat from 8 to 12 times.

exercise 4

HALF CIRCLE BACK

Start with 'Black Beaut across the thighs with strai palms facing out. Grasp Beauty' firmly and pull out sideways to straight arms a head. Now stretch out aga to starting position. Repeat times.

EXERCISE 4 aids the building of the back and shoulders. Also to help in posture. Do it right!

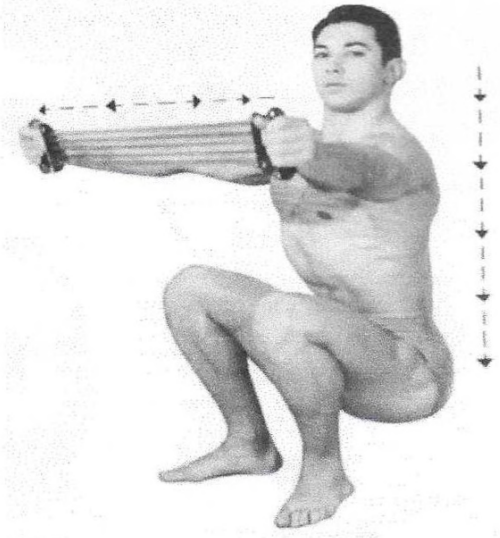


exercise 3

The LEG SPREAD

Place 'Black Beauty' well on both feet. Now lie back with legs close together and at a right angle to the body. In this position you slowly spread the legs out sideways as far as you can. Repeat 6 to 9 times. Be careful not to strain.

EXERCISE 3 is great for abdominal and hip joint stretching and strengthening. It's a tough one but pays off in building power.



exercise 5

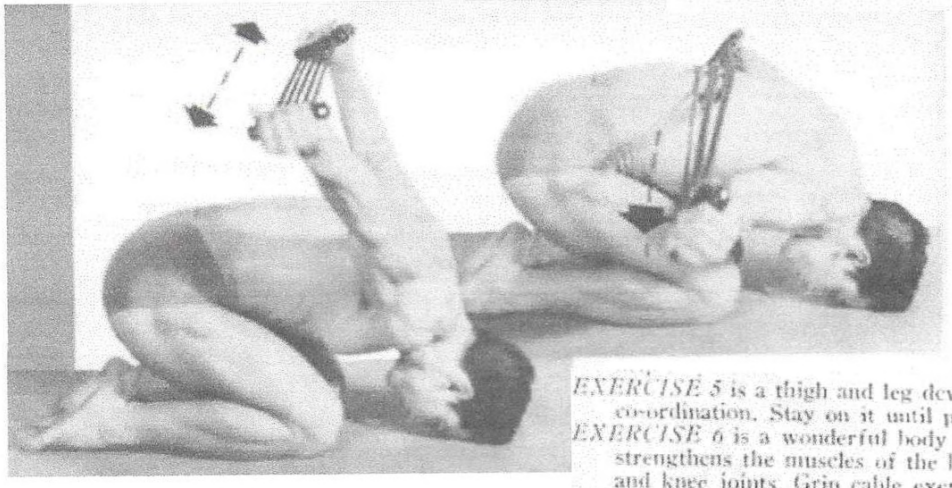
The SQUAT

Same as Exercise 4 in Training Session 1. BUT instead of coming up on toes at the conclusion of the bending movement, KEEP feet flat to floor and try to keep back straight. Inhale going down, exhale coming up. Repeat 12 times.

exercise 6

The KNEELER

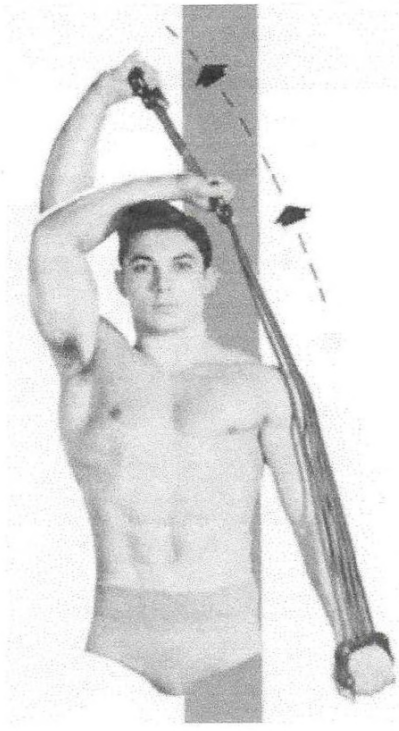
Kneel on knees, body upright. Hold 'Black Beauty' across back with arms straight. Pull the arms outward and slowly bend down to position shown. Return to first position, allowing 'Black Beauty' to pull you back. Repeat 8 to 14 times.



EXERCISE 5 is a thigh and leg developer that also aids in timing and co-ordination. Stay on it until perfect.

EXERCISE 6 is a wonderful body co-ordinating exercise. It not only strengthens the muscles of the back . . . but flexes the ankle, hip and knee joints. Grip cable exerciser with palms in.

EXERCISE 7 gets at your muscles from an entirely new angle and goes to work building more power in those arms of yours.



exercise 7

ELBOW ARM BUILDER

Hold 'Black Beauty' as shown. Begin with elbow bent on head. While keeping straight arm rigid, raise bent arm up as far as you can. Lower slowly, repeating 8 to 12 times. Do same with other arm.

STARTING OUT ON YOUR

6th session

You are ready to go on your last and final session. With this Sixth Session . . . you have completely covered all the important muscles of your body. You have taken your body on a trip . . . waking up lazy muscles and exercising them for added strength and power. This final exercise session should be your best. Really give this one everything you've got. Increase the exercise counts . . . if you think you need additional exercise.

EXERCISE by starting out and going back over some of the exercises you have done in the past. Try to double each of the exercise counts. *DO THESE EXERCISES FIRST ON THE DAY SHOWN.* Then continue with the new ones in this Sixth and Final Session.

	EX & PAGE	EX & PAGE	EX & PAGE	EX & PAGE	EX & PAGE
Monday	4 — 60	8 — 52	2 — 37	2 — 47	7 — 22
Tuesday	3 — 50	1 — 37	2 — 59	8 — 22	6 — 39
Wednesday	7 — 62	3 — 20	7 — 52	3 — 38	5 — 21
Thursday	8 — 40	1 — 59	2 — 29	4 — 50	5 — 61
Friday	5 — 51	4 — 38	5 — 39	6 — 62	6 — 30
Saturday	1 — 47	3 — 60	7 — 22	7 — 40	6 — 51

REST FOR THE SEVENTH DAY EACH WEEK

EXERCISE 1 gets at the chest, shoulders and upper back. Work at this one and be sure that you do it perfectly.

EXERCISE 2 helps to develop terrific arms, back and shoulder muscles. Put everything you have in this exercise and it will pay off in strength and power.

EXERCISE 3 gets at the Triceps and builds up terrific strength. It's more difficult then it looks . . . so work at this and be sure you do it for all the counts.

EXERCISE 4 really gives your upper body and shoulder muscles a good workout. Bend over, on this one, as far as you can . . . keeping back straight by bending from the waist only.

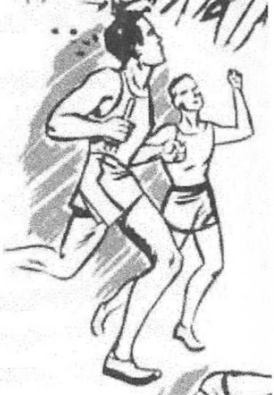
EXERCISE 5 works on the Biceps and Forearm from a different angle . . . as well as the wrists. Keep body straight with shoulders back and head held high.

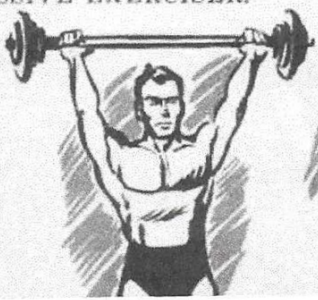
EXERCISE 6 is great for developing the muscles of the abdomen, stomach, waist and hips. Place your feet under a heavy piece of furniture and don't strain in doing this exercise. Concentrate on bending back and forth to help co-ordinate timing.

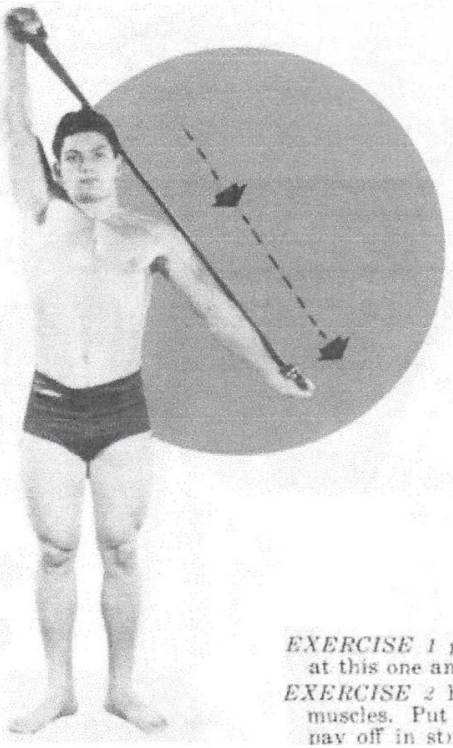
EXERCISE 7 will give you all the power and development that it is possible to have in the neck. Study the illustration and be sure you do it properly.

EXERCISE 8 is a tough one and is excellent for the wrists, shoulders and other concealed muscles of the forearm.

PERFORM ALL EXERCISES IN YOUR SIXTH SESSION FOR ONE TO TWO WEEKS . . . OR UNTIL YOU HAVE MASTERED THEM ALL FOR THE FULL COUNTS. YOU ARE NOW READY FOR MORE ADVANCED TRAINING USING A 10 CABLE PROGRESSIVE EXERCISER.







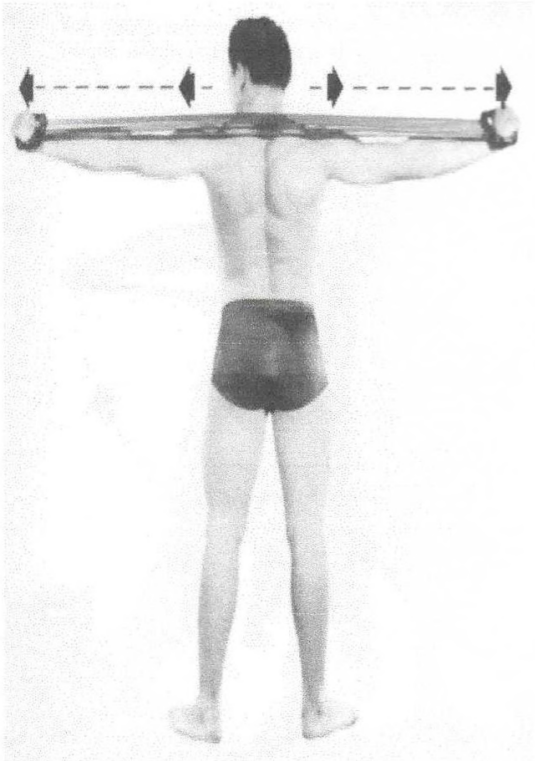
exercise 1

ONE ARM PULL DOWN

Hold 'Black Beauty' directly above your head, with arms perfectly straight. Pull only one arm directly sideways and downward to thigh. Return to starting position, and do same with other arm. Repeat 8 to 12 times.

EXERCISE 1 gets at the chest, shoulders and upper back. Work at this one and be sure that you do it perfectly.

EXERCISE 2 helps to develop terrific arms, back and shoulder muscles. Put everything you have in this exercise and it will pay off in strength and power.



exercise 2

BACK PRESS OUT

With arms fully bent and hands gripping handles at shoulder, press arms slowly out at same level to their fullest extent. Repeat 8 to 12 times.

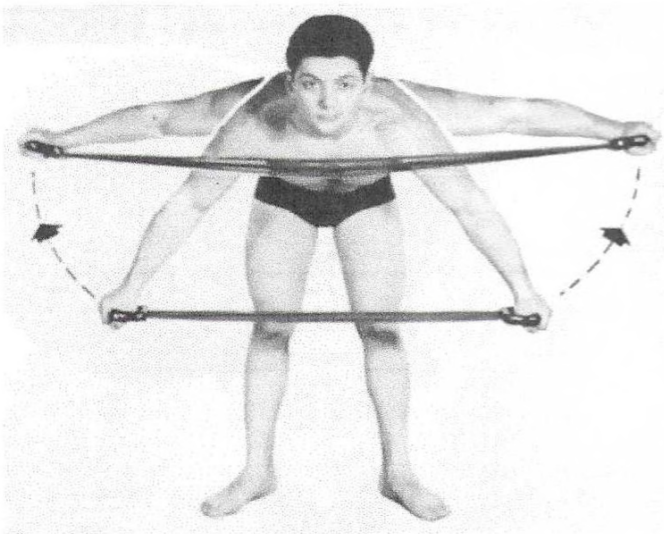
exercise 3

STRAIGHT ARM BACK RAISE

Hold your 'Black Beauty' with arms perfectly straight. Now slowly bring it as far back as you can with a slight bend of the upper body. Return slowly, repeating 8 to 12 times. Do same with other arm.

EXERCISE 3 gets at the Triceps and builds up terrific strength. It's more difficult then it looks . . . so work at this and be sure you do it for all the counts.

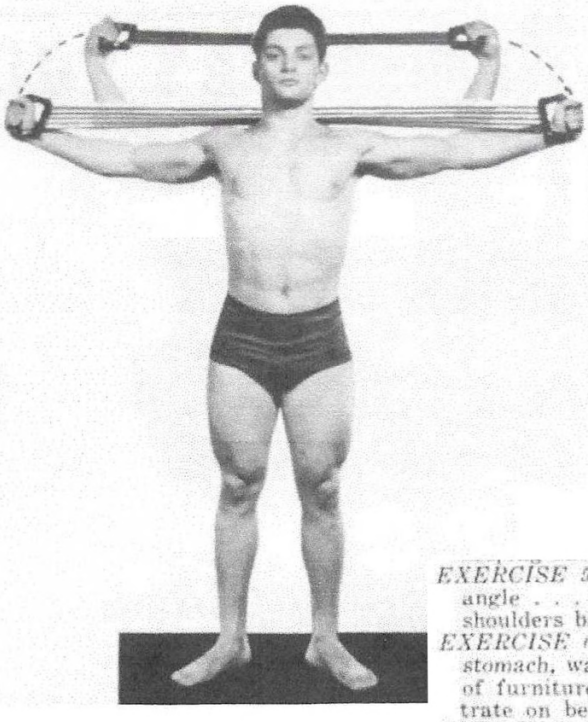
EXERCISE 4 really gives your upper body and shoulder muscles a good workout. Bend over, on this one, as far as you can . . . keeping back straight by bending from the waist only.



exercise 4

BENT OVER LATERAL RAISE

Stand with 'Black Beauty' in position shown. Bring arms to chest slowly and return to starting position slowly. Repeat 12 times.



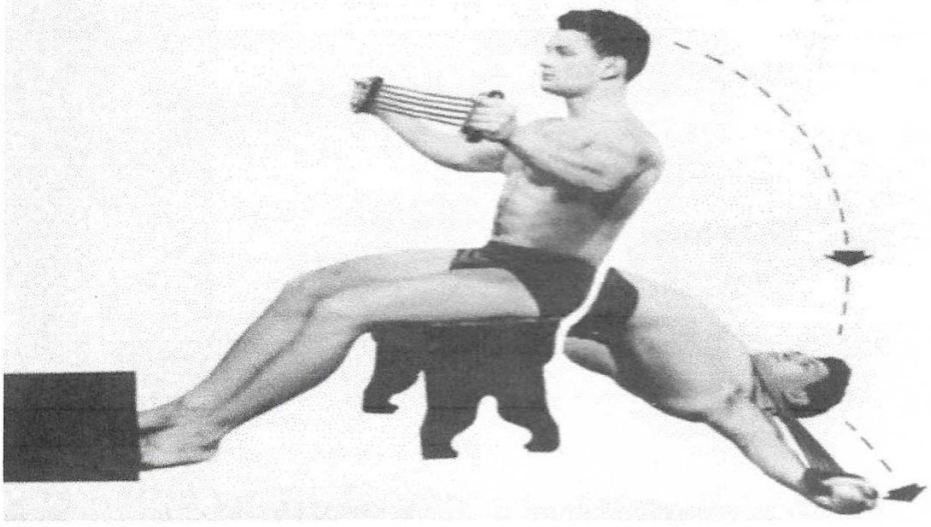
exercise 5

HALF ARM DEVELOPER

With bent arm position as illustrated, lower arms directly sideways as shown. Return to first position and repeat 10 to 14 times.

EXERCISE 5 works on the Biceps and Forearm from a different angle . . . as well as the wrists. Keep body straight with shoulders back and head held high.

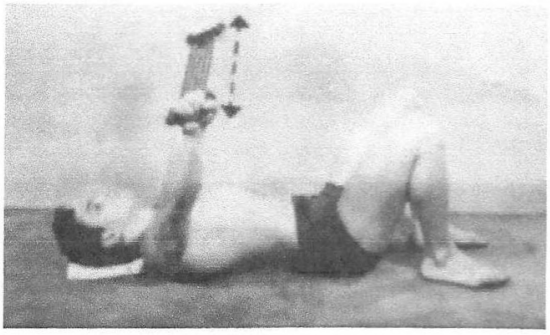
EXERCISE 6 is great for developing the muscles of the abdomen, stomach, waist and hips. Place your feet under a heavy piece of furniture and don't strain in doing this exercise. Concentrate on bending back and forth to help co-ordinate timing.

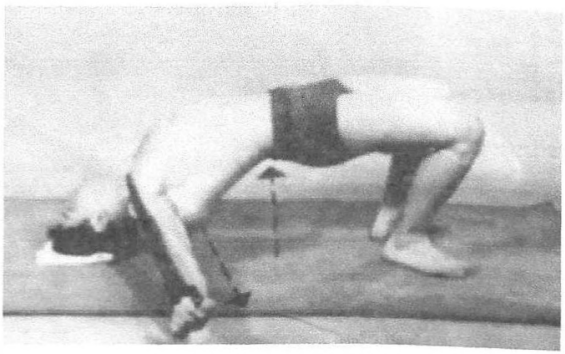


exercise 6

The GREAT ABDOMINAL BUILDER

Hold 'Black Beauty' in front of body. Pull out to level of shoulders and, while pulling, lower upper body slowly to floor, touching with head. Return, allowing your 'Black Beauty' to help pull you back to starting position. Repeat 8 times. Work gradually up to 16 counts. (Place feet securely under something heavy for support)





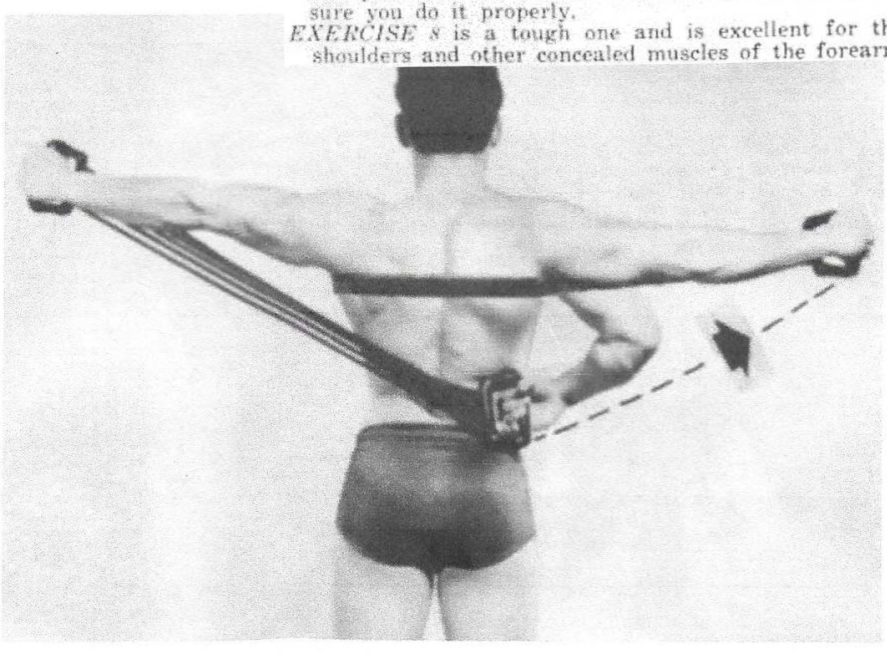
exercise 7

The NECK BRIDGE

Lie on floor with your 'Black Beauty' directly above your chest, your knees bent with feet on floor. Now, while pulling 'Black Beauty' downward toward chest, lift the hips off the floor to bridge position, pressing on the head and feet. Repeat from 12 to 16 times.

EXERCISE 7 will give you all the power and development that it is possible to have in the neck. Study the illustration and be sure you do it properly.

EXERCISE 8 is a tough one and is excellent for the wrists, shoulders and other concealed muscles of the forearm.



exercises 8

HALF ARM EXTENDED RAISE

Hold 'Black Beauty' as shown. Pull out directly to extend position at shoulder level. Repeat 8 to 12 times. Do same with other arm.